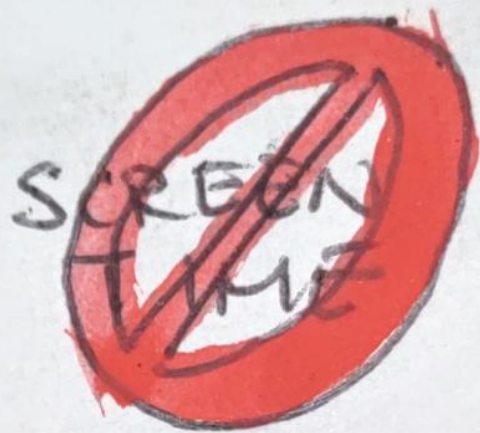

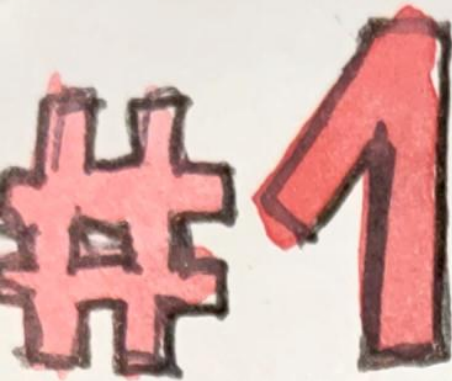


ZINE ⌚



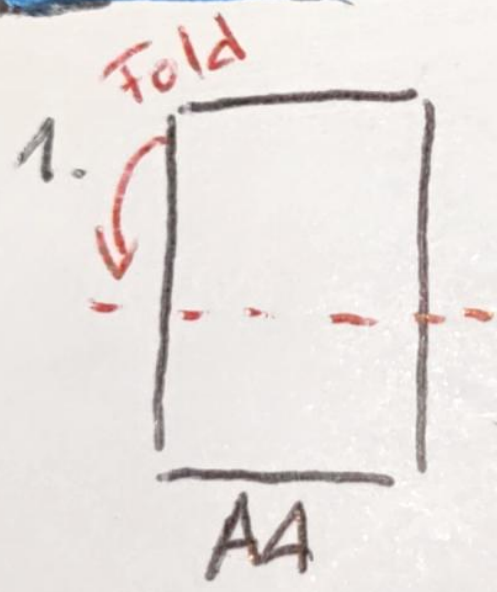
How to replace screen-time & doom scrolling with zine-time & being creative 

Don't let corpos steal ALL your attention.

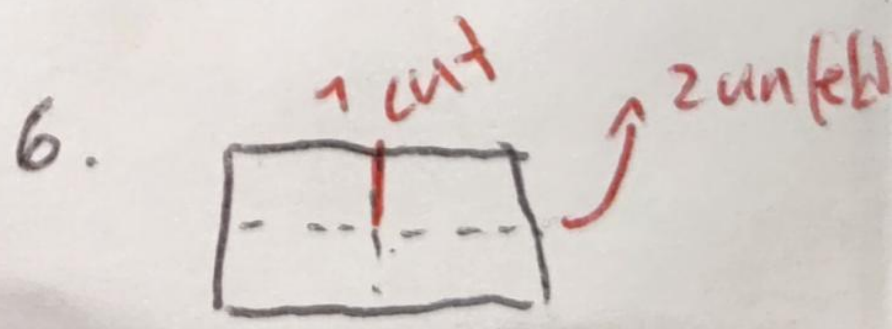
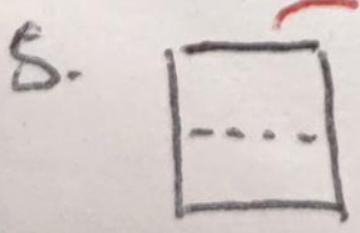
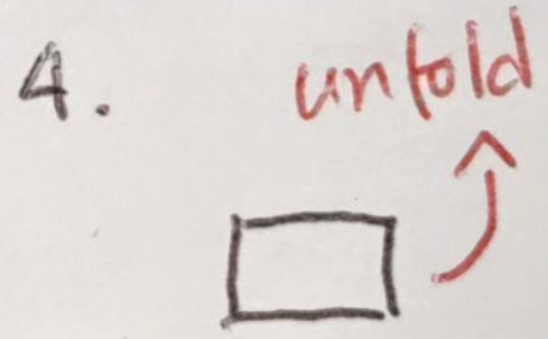
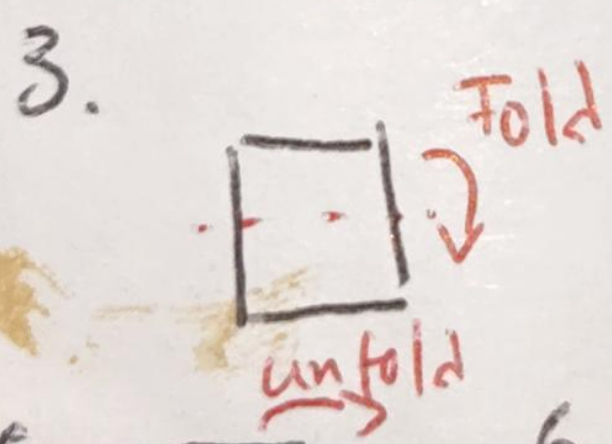
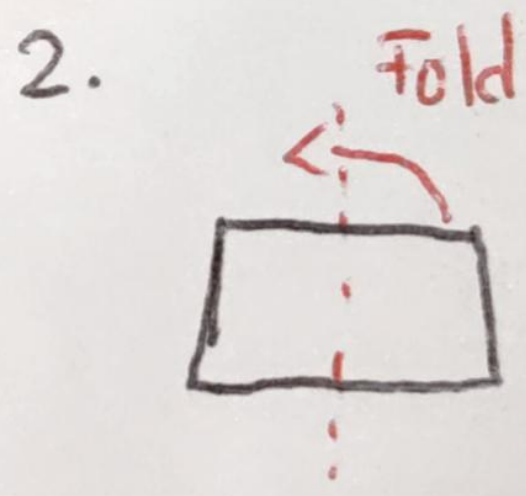


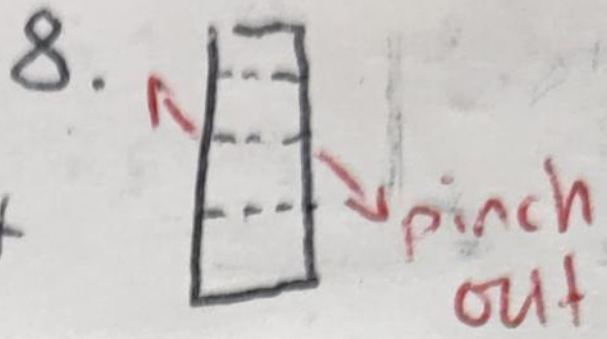
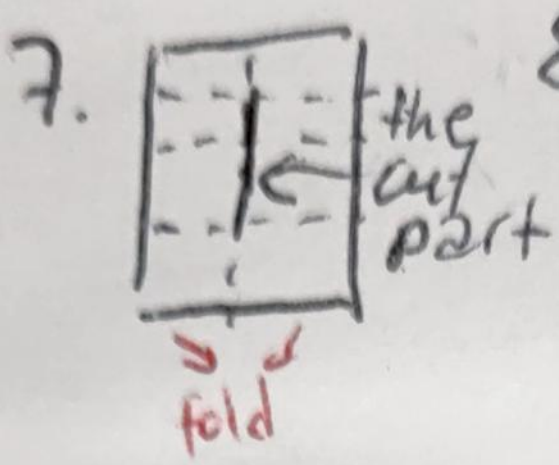
Always have
a zine & pen ready

Take a piece of paper & fold & cut it like this:

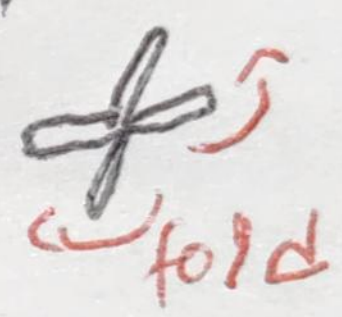
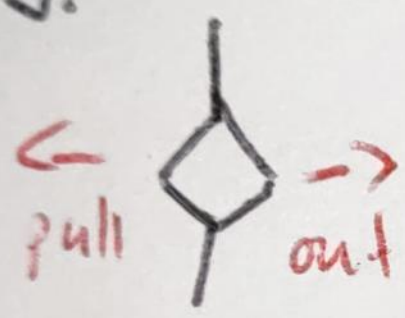


=>





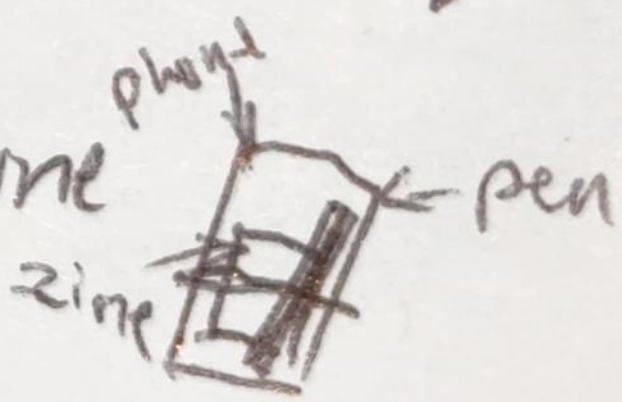
9. (side view) 10.



11. lil zine

12. Get a rubber band + pen O

13. Attach to phone



(You can even hold!)
multiple

#2

CREATE,
CREATE,
CREATE




Pick a topic (or multiple)
it.


- something related to your
job/hobbies/identity
- something you know
a lot about
- something you wanna
learn about
- something you
have an opinion on


Then every time you
wanna grab your
phone / go on social
media

⇒ Grab the zine and

- write 

- draw 

- color 

- design 

something in it

3

It doesn't
need to be
P.E.R.F.E.C.T

You don't have to do
it fully! - but good
enough.

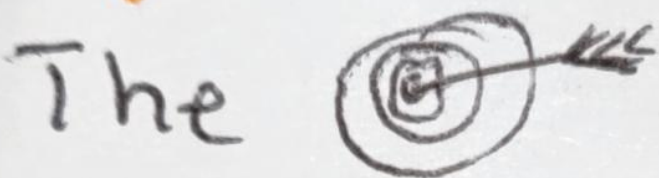




Have



doing it



goal is

to replace phones/
social media with
something else that
gives you

DOPAMINE



Note down your progress:

Screen time at start:

After 1 week of making
zines:

After 1 month of making
zines:
